

Introduction

This trail guide is provided to help you plan your hiking or biking trip at First Landing/Seashore. Each trail is listed with a brief description of the area through which it passes.

First Landing/Seashore State Park and Natural Area offers over 19 miles of trails for hiking.

Due to the fragile sand dune area in the park, we ask that bikes stay on the Cape Henry Trail which has been designated a hiking/biking trail.

Cape Henry Trail

The Cape Henry Trail has a little something for everyone. It passes through bald cypress swamps, crosses 64th street, and continues through an old dune area. Hikers and bikers along this trail will pass over a wooden bridge spanning a salt marsh. Be sure to look for the osprey nests that can be viewed from the bridge benches. The trail ends at the Narrows where there is a small beach (no swimming), a boat launch, restrooms and vending machines.

Bald Cypress Trail

Our most popular trail offers a close look at bald cypress trees and knees along with cypress swamp habitat. Boardwalks and observation decks provide



Bald Cypress

unique areas to watch and listen for frogs, woodpeckers and turtles. The Bald Cypress Trail is 1.5 miles in length but can be shortened by returning to the Visitor Center on Cape Henry Trail. The terrain is mostly level with a few up-hill climbs on beautifully forested dunes. This is a self-guided interpretative trail with a booklet that describes points of interest and discusses the natural history of First Landing/Seashore's Natural Area.

The booklet is available in the Visitor Center for a small fee.

Osmanthus Trail

This lowland trail is a little wetter than most of our other trails. Osmanthus is a long loop trail (3.1 miles) which offers the hiker peace and quiet. This trail is named after the osmanthus or wild olive tree and is home to a variety of ferns.

High Dune Trail

A short (1/4 mile) trail takes you up and over a maritime forest dune ridge. From the top of the High Dune, hikers can see the beautiful lowland areas and mysterious cypress pools. The trail can be reached from Cape Henry Trail or the second leg of Bald Cypress Trail.

Fox Run Trail

Fox Run Trail is a connector to Long Creek Trail, Bald Cypress Trail and the main park road. Named after the gray foxes which live there but are rarely seen, Fox Run is an excellent trail for bird watchers. Look for the parula and prothonotary warblers flying among the branches of the loblolly pines and American beeches.

Kingfisher Trail

A short (0.6 mile) connecting trail between Cape Henry and Long Creek Trails, Kingfisher is not as heavily traveled as other trails. The trail provides a higher, drier area to hike. Large American beech trees are abundant and offer plenty of shade.

Long Creek Trail

Our longest trail (5 miles one way), Long Creek starts at the main park road and continues on to Broad Bay. Along the way you will pass through some of the salt marshes of First Landing/Seashore. Be sure and take binoculars to watch for great blue herons and egrets wading among the marsh grasses. As the trail passes White Hill Lake, stop for a good look at the osprey nests. The spring and summer are the best time to observe these nests.

Osprey Trail

Because it runs along Broad Bay, Osprey Trail floods at high tide. Serene cypress swamps and beautiful





views of the bay are all part of this trail which can be reached from Long Creek Trail on the main park road. The area is easily damaged, so please—stay on the trail.



White Hill Lake Trail

Wide and smooth, White Hill Lake Trail is most easily reached by following Long Creek Trail from the main park road or from either end of Cape Henry Trail. You will pass several cypress ponds, sweet gum trees and American beeches. From the Cape Henry Trail, White Hill Lake Trail ends at Long Creek Trail near a cement bridge. Oysters and fiddler crabs can be seen along the sides of the bridge.

Key

-  Hiking Only
-  No Bikes Allowed
-  Bike Trail
-  Interpretive Trail

Join us in the parks – DCR's Volunteer Program

DCR offers diverse opportunities for volunteers in most state parks and natural areas throughout the state. Inquire at the park office for details.

For more information, contact:
First Landing/Seashore State Park and Natural Area
2500 Shore Drive
Virginia Beach, Virginia 23451
757/481-2131

or



Department of Conservation & Recreation

CONSERVING VIRGINIA'S NATURAL AND RECREATIONAL RESOURCES

203 Governor St., Suite 302
Richmond, Virginia 23219
804/786-1712

VIRGINIA STATE PARKS

First Landing/Seashore State Park & Natural Area Trail System Guide

Virginia Beach, Virginia

Virginia State Parks provide "A Natural Legacy" of outdoor activities and programs. They are an important part of DCR's efforts to promote a strong conservation ethic. These efforts ensure that the best of Virginia's natural resources will be protected and available for future generations.

Welcome to Virginia's most popular state park. Each year over one million visitors enjoy the offerings of this park and natural area. To make your visit a pleasant one, we ask that you observe the following regulations:




Hiking trails are for pedestrians only. Bicycles are permitted only on regular park roads and the park's Cape Henry Trail bicycle route. No motorized vehicles are allowed on state park trails.





Help preserve your park. Please don't cut or mar any plants or trees. Collecting animal or plant life is allowed only for scientific purposes by permit from Richmond headquarters.





Pets are permitted in all state parks, but they must be kept in an enclosed area on a leash not to exceed six feet at all times.


 Bike/Hike Trail

 Boat Launch


 Cabins

 Campground

 Hiking Trail

 Picnic Area

 Restroom

 Visitor Center

Color coding and mileage for the trails at First Landing/Seashore State Park

Miles	Trail	Color
1.5	Bald Cypress	Red
3.1	Osmanthus	Blue
6.0	Cape Henry/Bike	Dark Green
5.0	Long Creek	Orange
1.2	Osprey	Green
0.25	High Dune	Light Yellow
0.6	Kingfisher	White
1.4	White Hill Lake	Gold
0.3	Fox Run	Yellow

